

Rock It Grill

1319 King St 22314-2928 · +17037392274 · Updated: Jan 14, 2026

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APPETIZERS - UNDER THE SEA 5

Cheesy Crab Dip

with a toasted baguette (or tortilla chips upon request)

Mussels

served in a garlic cream sauce or marinara and a side of garlic bread

Steamed Clams

steamed in white wine and served with melted butter

Garlic Shrimp

1/2 lb peeled shrimp sauteed with garlic. served with melted butter or cocktail sauce

Calamari

crispy calamari rings served with our spicy-sweet chili sauce

APPETIZERS - FINGER LICKIN' FRIED 8

Tenders & Fries

Tenders & Fries

rock it cheese sticks with marinara

Wings

(hot) crispy wings in a louisiana hot sauce. with celery, carrots and bleu cheese dressing

Basket Of Fries

fresh cut skin on seasoned fries

Buffalo Tenders

(spicy) tossed in louisiana hot sauce and served with celery, carrots and bleu cheese dressing

Chicken Tenders

(spicy) & honey mustard or a spicy/sweet chili sauce

Onion Rings

basket of hand breaded onion rings

Fried Pickles

it's pickles

APPETIZERS - ROCK IT FAVE'S 7

Nachos Supreme

cheddar, monterey jack, spicy ground beef, tomatoes, black olives, jalapeno peppers, sour cream and guacamole. served with our freshly prepared garlic salsa

Flat Bread Pizza

choose bleu cheese & bacon, monterrey jack & jalapenos or pepperoni & mushroom

Potato Skins

skins with cheddar, bacon and a side of sour cream

Quesadilla

with chicken, cheddar and jalapeno peppers. garnished with lettuce, tomato, sour cream, guacamole and our delicious salsa

Crab Cake Minis

rock it's down-sized crab cake. served with tartar sauce

Spinach & Artichoke Dip

served warm with a toasted baguette (or tortilla chips at your request)

Chips & Salsa

basket of house fried corn tortilla chips with freshly prepared garlic salsa

SOUPS & CHILI 3

Soup Of The Day

cup or bowl

Seafood Soup Of The Day

cup or bowl

Gary's Homemade Chili

our chili is topped with shredded cheddar and served with tortilla chips

SALADS 9

Asian Chicken Salad

warm grilled chicken breast, snow peas, mandarin oranges, green onion, sliced almonds and crispy tortilla strips over our fresh salad mix with a side of our sesame ginger dressing

Caesar Salad

romaine lettuce tossed in caesar dressing, topped with croutons and parmesan cheese

Cajun Shrimp Caesar

Grilled Chicken Caesar

Blackened Salmon Caesar

Chef Salad

black forest ham, smoked turkey breast, swiss and american cheeses, tomatoes and sliced boiled egg served over our fresh salad mix. served with your choice of dressing

Garden Salad

our fresh salad mix topped with shredded cheddar, tomatoes, green peppers, carrots, cucumbers, red onion, dried cranberries and sliced almonds. served with your choice of dressing

Tortilla Salad

with grilled chicken

Tortilla Salad With Spicy Ground Beef

crispy tortilla shell filled with salad greens, tomatoes, black olives, jalapeno peppers, sour cream and guacamole. served with salsa

ENTREES 11

Dinner Salad

salad available with the purchase of an entree

Jerk Chicken

strips of chicken breast marinated in caribbean jerk spices. served over rice one more side item

Dijon Crusted Cod

atlantic cod with a crispy panko dijon topping

Sirloin Steak

8 oz sirloin grilled to your liking

Fried Shrimp

lightly breaded shrimp fried to a golden brown, served with cocktail sauce

Fisherman's Platter

large fried filet of haddock, breaded oysters and jumbo fried shrimp. served with cocktail and tartar sauce

Orange Glazed Salmon

broiled salmon with our orange and ginger glaze

Chipotle Shrimp

(hot) jumbo shrimp tossed in a sweet & spicy chipotle puree. served with rice pilaf and another side item

Rib-eye Steak

12 oz steak char grilled to your liking

Fried Oysters

served with cocktail sauce

Crab Cakes

rock it grill's own maryland style crab cakes, pan fried, served with tartar

SANDWICHES 11

Philly Sub

shaved rib-eye, provolone, grilled onions, lettuce, tomato and mayo

Crab Cake

a pan-fried maryland style crab cake with lettuce, tomato, onion and tartar sauce

Big Fish Sub

a jumbo battered filet of haddock, fried crispy. with lettuce, tomato, onion and tartar

Reuben

tender slices of corned beef, 1000 island dressing, sauerkraut and swiss cheese grilled on rye

Over-stuffed Deli Sandwich

thinly sliced black forest ham or smoked turkey breast with cheese, lettuce, tomato, onion. dressed with mayo or deli brown mustard. served on white, wheat, rye or sesame bun

Bacon Grill

a grilled american cheese sandwich with bacon and tomatoes

Tuna Melt & Tomato

on an english muffin and topped with provolone cheese

Chipotle Chicken Supreme

grilled chicken breast with bacon, provolone cheese,lettuce, tomato, onion and dressed with our chipotle mayo

Gary's Club

black forest ham, smoked turkey breast, bacon, swiss and american cheeses, lettuce, tomato and mayo on three slices of toasted white, wheat or rye

Turkey Wrap

smoked turkey breast, cheese, lettuce, tomato, onion, guacamole and sour cream

Tuna Salad

served with lettuce and tomato on white, wheat or rye toast

SOUTH OF THE BORDER 8

Combo Plate

a combo (beef & bean) burrito, a chicken enchilada, and a hard shell beef taco served with rice, refried beans and salsa

Chicken Or Steak Fajitas

sizzling with green peppers, onion and tomatoes. served with flour tortillas and a side of lettuce, cheese, sour cream, guacamole and salsa

Chicken Or Beef Enchiladas

three corn tortillas filled with cheese and either diced grilled chicken breast or spicy ground beef. baked with enchilada sauce and more cheese. served with rice, beans, salsa and topped with sour cream

Shrimp Fajitas

fajitas served sizzling with large shrimp

Beef Or Combo Burrito

filled with cheese and your choice of spicy ground beef or a combination of beef and refried beans. served with rice, beans, salsa and a topping of sour cream

Chicken Or Beef Chimichanga

filled with cheddar and your choice of grilled chicken breast or spicy ground beef. served with rice, beans, salsa and sour cream

Soft Chicken Tacos

lettuce, tomato, cheese, and salsa

Tacos - Hard Shell Beef

with lettuce, tomato, cheese, and salsa

ROCK IT GRILL BURGERS 9

Grill Burger

turkey, veggie or hand-pattied beef

Cheeseburger

choice of cheddar, swiss, american or provolone

Mushroom Swiss

fresh mushrooms and melted swiss

Chili Cheddar

topped with gary's chili and shredded cheddar cheese

Blackened

pattied in cajun spices

Bacon Cheeseburger

two strips of bacon and choice of cheese

Bleu

with melted crumbles of bleu cheese

Patty Melt

three cheeses and 1000 island dressing, grilled on rye

Southwest

monterrey jack, guacamole and jalapenos

DESSERTS 3

Chocolate Cake

individual molten chocolate cake

Fruit Pie

freshly baked fruit pie (varies daily), served warm or cold

Reese's Peanut Butter Pie

all the tasty goodness of a reese's peanut butter cup, in a pie